

## RIGHT CROSS, LEFT CROSS AND RIGHT HOOK, LEFT HOOK

These are fun and effective variations of the basic chest press. Crosses are a diagonal movement pattern, which is efficient training as two planes of motion are used. Hooks are punching movements done low to high and involve more core muscles than a standard chest press.

### ***Benefits »***

- ⦿ Enhances everyday activities such as pushing or lifting.
- ⦿ Facilitates core stabilization for arm movement.
- ⦿ Provides a fun and familiar activity with easy-to-teach movements.
- ⦿ One of the few exercises done quickly to garner power.

### ***Set It Up »***

Each participant will need a Thera-Band for this exercise.

### ***How to Do It »***

#### **The Start**

- ⦿ Participants sit or stand tall and run a Thera-Band behind the back, just under the shoulder blades.
- ⦿ They hold the ends of the bands in their hands.

#### **The Moves**

##### ***Crosses***

Use the following cues.

- ⦿ Lift the arms away from the torso and hold them parallel to floor.
- ⦿ Extend the right arm across and out to the left, across the body at shoulder height. (The right hand should end up in front of the left shoulder.)
- ⦿ Do it slowly at first to learn proper form, then quickly. Boom! That's your Right Cross!
- ⦿ Return to the starting position.
- ⦿ Do same diagonal pattern with the left arm. Slowly at first to learn proper form, then quickly. Boom! That's your Left Cross!
- ⦿ Keep alternating, completing 8 to 15 repetitions with each arm.



## ***Hooks***

Use the following cues.

- ⦿ Anchor the Thera-Band around the back, lower than for crosses (more toward the waist). Or, sit on your band, with it under your hips.
- ⦿ Hold your bent arms close to the torso to start.
- ⦿ Draw the right arm back so that the hand is at the hip. (You are preparing to throw this punch from the hip, upwards and diagonally.)
- ⦿ Keeping the elbow bent, bring the right hand up and to a point left of center and in front of you. Notice that this is a hooking punch pattern; that means that the arm stays bent throughout. Imagine that this hook shot is a glancing blow off an opponent's chin. Now do it quickly. Boom! This is your right hook.
- ⦿ Return to the beginning position, and then push the left hand up and to the right of the center point in front of you. Slowly for form and then quickly for fun. This is your left hook.
- ⦿ Alternate arms until each arm has thrown 8 to 15 hook shots.



## ***Take It Further »***

- ⦿ Tighten up on the band or use one with stronger resistance.
- ⦿ Increase the speed and power of the punches.

## ***Give It More Balance »***

- ⦿ Sit at the edge of the chair.
- ⦿ Allow the trunk to twist with each hook shot (keep abs braced).
- ⦿ Try it standing in front of a chair, feet offset. One leg should stay in contact with the chair.

## ***Keep It Safe »***

Maintain tall, stabilized posture for the best results and back comfort. Keep arms below shoulders for all of these activities.